

Workshop for Parents: Overcoming Your Child's Fears and Worries

- **Date:** Tuesday 17th April 2018
- **Time:** 9.30am with coffee available from 9am
- **Venue:** Great Ouse Primary Academy

We are able to accommodate a small number of children if alternative childcare arrangements cannot be made.

The session will be around an hour and aims to:

- ✓ Help parents to better understand what anxiety looks like in children and young people
- ✓ Consider the different factors that lead children to feel anxious
- ✓ Help parents to think about things they can do to manage anxiety and build confidence in children.

If you are interested in attending this workshop please contact CHUMS on 01525 863924 and ask to speak to the Family Wellbeing Team.

Alternatively you can email fwteam@chums.uk.com

Spaces are limited. If you have any queries, you may also contact Mrs Sharpe at school.

Workshop for Parents: Help! My child is Misbehaving!

- **Date:** Wednesday 9th May 2018
- **Time:** 9.30am with coffee available from 9am
- **Venue:** Great Ouse Primary School

We are able to accommodate a small number of children if alternative childcare arrangements cannot be made.

The session will be around an hour and aims to:

- ✓ To better understand the challenges children face and to consider how these might impact on behaviour.
- ✓ To introduce the parenting pyramid and key principles of effective parenting.
- ✓ To give you an overview of some techniques which might help to promote positive behaviour in your children.

If you are interested in attending this workshop please contact CHUMS on 01525 863924 and ask to speak to the Family Wellbeing Team.

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